

## How to deliver a bowl consistently along a line

Many people especially new beginners find it difficult to bowl a line and length. This is a simple exercise to show a prospective player or a player with experience how to have belief in their bowling and to show them if there is any movement of their body at the time of delivery.

Set up the mat and Jack.

Set yourself on the mat with the bowl in your hand.

Look down the green and imagine the line that the bowl will take.

When you have done this prepare yourself to deliver the bowl.

**CLOSE YOUR EYES**

**If you feel dizzy, feel you may fall or are uncertain what might happen, STOP immediately and open your eyes.**

**WARN any prospective pupil before asking them to try this.**

Go through the motions of delivering the bowl with your eyes closed (**do not deliver the bowl at this stage**)

Ask yourself "Were you solid or did you wobble?"

Ask yourself "what can I do to stop a wobble"

Do this a number of times until you feel that you and the delivery are solid.

Once you feel your delivery is solid, repeat the delivery but this time ask the questions, "Was my arm straight?, did I keep it close to the side of my leg?, did I follow through?"

If you find you are not doing this correctly ask yourself why and what you can do to correct this.

Once you have corrected everything, concentrate on feeling the delivery of the bowl correctly, getting the line and length. Keeping your body solid and your arm straight, close to your side and following through.

When you feel everything is correct. **With your eyes closed deliver the bowl**

If done correctly the delivery should be smooth with the shoulders square to the line of delivery, your arm close to your side and following through. The bowl should end close to the centre line and jack.

If incorrect it will show movement of the shoulders/arm, with the delivery being too wide or too narrow. If this is the case, ask yourself was it the shoulder or was it the arm that caused the problem. Ask yourself how to correct it. Practice again as above, then repeat the delivery. Practice makes perfect. Good Luck.